

What foods should I feed my children?

The link between the food kids eat and their health and well-being is widely recognized today. And when it comes to the health and happiness of our children, I think that all parents will agree that only the very best will do.

Nutrition can be a confusing subject and many parents wonder where to start. Since diet is crucial to the health of our children, we should not rely upon processed foods from jars and boxes. There is nothing better for your child than home-cooked meals made from fresh ingredients. And the good news is, that cooking doesn't have to be time-consuming or complicated. The key is to choose your 4-5 recipes for the week ahead of time, make a grocery list, and make meals in bulk so you can freeze extras.

Make sure to pack your meals with fruits and vegetables. Researchers estimate that a diet filled with fruits and vegetables instead of unhealthy fats and refined foods, combined with increased exercise, could reduce the occurrence of cancer by at least 30%. Who doesn't want those statistics for their child? The more colorful the food, the more nutritious it is. Choose spinach over regular lettuce, sweet potato over an ordinary potato, and go for the brightest peppers, tomatoes, broccoli and fruits you can find.

Pick recipe books that help you make nutritious and easy meals. Some of my favorites are as follows: *First Meals* by: Annabel Karmel, *Crazy Makers* by: Carol Simontacchi, *Feed Me I'm Yours* by: Vicki Lansky, and *Growing Healthy Families* by: Holistic Moms Network.

Remember to give your children the very best start possible and start their day with nutritious foods!

For more information and opportunities to learn more, contact us at Yost Family Chiropractic.

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